CLAIMS

We claim:

1. A method comprising:

when a person tunes a television to a given station, a video server responsively sending a Short Message Service (SMS) message to a designated destination, indicating what station is being watched.

- 2. The method of claim 1, wherein the video server comprises a host device serving the television.
 - 3. The method of claim 2, wherein the host device comprises a cable-TV receiver.
 - 4. The method of claim 2, wherein the host device comprises a satellite-TV receiver.
- 5. The method of claim 2, wherein the person tunes the television by tuning the host device.
- 6. The method of claim 1, wherein sending an SMS message to a designated destination comprises sending the SMS message to a parent of the person.
 - 7. A method comprising:

detecting that a person has tuned a television to a given station;

responsively sending an informational message that indicates what station is being watched.

- 8. The method of claim 7, wherein the informational message comprises a Short Messaging Service (SMS) message.
- 9. The method of claim 7, wherein sending the informational message comprises a video server sending the informational message.

- 10. The method of claim 9, wherein the video server comprises a host device serving the television.
 - 11. The method of claim 10, wherein the host device comprises a cable-TV receiver.
- 12. The method of claim 10, wherein the host device comprises a satellite-TV receiver.
- 13. The method of claim 10, wherein the person tunes the television by tuning the host device.
- 14. The method of claim 5, wherein sending an informational message comprises sending the informational message to a parent of the person.